

SilverSneakers Live Event Schedule
NOVEMBER 30th through DECEMBER 6th

GREEN

SilverSneakers.com LIVE Members-only Classes & Workshops
 Available through member portal post-login

BLUE

Facebook Live Classes
 Available on SilverSneakers page to anyone with a Facebook account

ADDITIONAL SILVERSNEAKERS LIVE CLASSES ADDED

| | MONDAY | TUESDAY | WEDNESDAY | | FRIDAY | SATURDAY | SUNDAY |
|--------------|--|--|--|--|---|---|--|
| | November 23 | November 24 | November 25 | November 26 - THANKSGIVING | November 27 | November 28 | November 29 |
| 8:30 am EST | | Cardio Mix Intermediate | | | | | |
| 9:30 am EST | SilverSneakers Classic Light Beginner | Cardio Dance with FitSteps Intermediate to Advanced | SilverSneakers Classic Light Beginner | Cardio Dance with FitSteps Intermediate to Advanced | SilverSneakers Classic Light Beginner | | |
| 10:30 am EST | SilverSneakers EnerChi Intermediate | SilverSneakers Circuit Light Intermediate | SilverSneakers EnerChi Intermediate | SilverSneakers Circuit Light Intermediate | SilverSneakers Circuit Light Intermediate | SilverSneakers Circuit Light Intermediate | SilverSneakers Classic Light Beginner |
| 11:00 am EST | | | Total Body Conditioning FACEBOOK LIVE | | Skills & Drills FACEBOOK LIVE | | |
| 11:30 am EST | SilverSneakers Circuit Light Intermediate | SilverSneakers Classic Light Beginner | SilverSneakers Circuit Light Intermediate | SilverSneakers Yoga Beginner | SilverSneakers Yoga Beginner | SilverSneakers Yoga Beginner | SilverSneakers BOOM Mind Intermediate to Advanced |
| 12:30 pm EST | Silver Sneakers Stability Beginner to Intermediate | SilverSneakers Yoga Beginner | Silver Sneakers Stability Beginner to Intermediate | | Cardio Mix in English & Spanish Intermediate | Group Personal Training Intermediate to Advanced | |
| 1:30 pm EST | | SilverSneakers Circuit Light Intermediate | | | | | |
| 2:30 pm EST | Bodyweight Boot Camp Intermediate to Advanced | SilverSneakers EnerChi Intermediate | Bodyweight Boot Camp Intermediate to Advanced | | | | |
| 3:30 pm EST | | Fall Prevention Exercises Beginner | | | | | |
| 4:30 pm EST | Cardio Mix in English & Spanish Intermediate | Bodyweight Boot Camp Intermediate to Advanced | Cardio Mix in English & Spanish Intermediate | | | | |
| 5:30 pm EST | Group Personal Training Intermediate to Advanced | SilverSneakers BOOM Mind Intermediate to Advanced | Group Personal Training Intermediate to Advanced | | | | |
| 6:30 pm EST | SilverSneakers BOOM Muscle Intermediate to Advanced | | SilverSneakers BOOM Muscle Intermediate to Advanced | | | | |
| | November 30 | December 1 | December 2 | December 3 | December 4 | December 5 | December 6 |
| 8:30 am EST | | Cardio Mix Intermediate | | Cardio Mix Intermediate | | | |
| 9:30 am EST | SilverSneakers Classic Light Beginner | Cardio Dance with FitSteps Intermediate to Advanced | SilverSneakers Classic Light Beginner | Cardio Dance with FitSteps Intermediate to Advanced | SilverSneakers Classic Light Beginner | Yoga Flow Beginner | |
| 10:30 am EST | SilverSneakers EnerChi Intermediate | SilverSneakers Circuit Light Intermediate | SilverSneakers EnerChi Intermediate | SilverSneakers Circuit Light Intermediate | SilverSneakers Circuit Light Intermediate | SilverSneakers Circuit Light Intermediate | SilverSneakers Classic Light Beginner |
| 11:00 am EST | Live Q & A with Jenny FACEBOOK LIVE | | Yoga Flow FACEBOOK LIVE | | Skills & Drills FACEBOOK LIVE | | |
| 11:30 am EST | SilverSneakers Circuit Light Intermediate | SilverSneakers Classic Light Beginner | SilverSneakers Circuit Light Intermediate | SilverSneakers Classic Light Beginner | SilverSneakers Yoga Beginner | SilverSneakers Yoga Beginner | SilverSneakers BOOM Mind Intermediate to Advanced |
| 12:30 pm EST | Silver Sneakers Stability Beginner to Intermediate | SilverSneakers Yoga Beginner | Silver Sneakers Stability Beginner to Intermediate | SilverSneakers Yoga Beginner | Cardio Mix in English & Spanish Intermediate | Group Personal Training Intermediate to Advanced | Cardio Mix Intermediate |
| 1:30 pm EST | SilverSneakers BOOM Mind Intermediate to Advanced | SilverSneakers Circuit Light Intermediate | SilverSneakers BOOM Mind Intermediate to Advanced | SilverSneakers Circuit Light Intermediate | | | |
| 2:30 pm EST | Bodyweight Boot Camp Intermediate to Advanced | SilverSneakers EnerChi Intermediate | Bodyweight Boot Camp Intermediate to Advanced | SilverSneakers EnerChi Intermediate | | | |
| 3:30 pm EST | | Fall Prevention Exercises Beginner | | Fall Prevention Exercises Beginner | | | |
| 4:30 pm EST | Cardio Mix in English & Spanish Intermediate | Bodyweight Boot Camp Intermediate to Advanced | Cardio Mix in English & Spanish Intermediate | Bodyweight Boot Camp Intermediate to Advanced | | | |